

# MATCH THE PROBLEMS WITH THE SENTENCES

A OVERWEIGHT

B UNDERWEIGHT

C LACK OF CONCENTRATION

D TIREDNESS

E TOOTH DECAY

F FREQUENT ILLNESS

G INDIGESTION

H DRY SKIN

1 EAT THREE WELL-BALANCED MEALS & THREE OR FOUR SNACKS PER DAY

2 FOLLOW A LOW-CARBOHYDRATE DIET

3 EAT FOODS RICH IN VITAMIN C

4 DRINK MORE WATER & EAT MORE OILY FISH, NUTS & SEEDS

5 AVOID SPICY FOODS & EATING FAST OR LATE AT NIGHT

6 EAT LESS & TAKE REGULAR EXERCISE

7 CUT OUT SUGARY DRINKS & SNACKS

8 EAT LOTS OF IRON-RICH FOODS AND HAVE A GOOD BREAKFAST